

The New Breakfast Meal Pattern

Start the day off right with a simple, delicious, and nutritious breakfast!



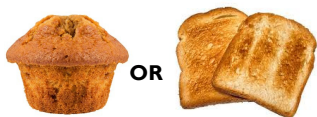
8 oz

Fluid Milk



1/2 c

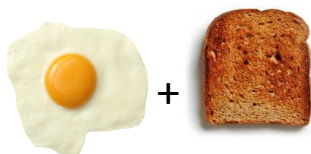
Fruit/Vegetable



2 oz

Grain

OR



1 oz

Grain &

1 oz

Meat/Meat Alternate

When planning breakfast, keep in mind:

- ⇒ Half of all grains offered, over the week, at breakfast must be whole grain rich in SY 2013-14.
- ⇒ You must offer two milk fat choices every day, 1% and fat-free.
 - * If you offer flavored milk, it must be fat-free.

Changes for SY2014-15:

- ⇒ The fruit/vegetable serving will increase to 1 cup.
- ⇒ All grains offered must be whole grain rich.



Montana
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